



## **Chef Charles Says...**

A newsletter for congregate meal participants for the month of August

**We have new information in this section. Please read carefully.**

The June, July and August Chef Charles newsletters will focus on the sodium in our food. There has been renewed public attention on sodium consumption and its adverse effects on health due in part to a recent report on sodium intake from The Institute of Medicine (IOM) of the National Academies.

High blood pressure (hypertension) affects about one in three adults in the United States and can lead to coronary heart disease, stroke, heart failure, kidney failure, and other health problems.

Less than ten percent of American adults limit their daily intake of recommended levels (CDC). Consuming too much sodium/salt may have negative health consequences. This report also finds that most sodium/salt in the American diet comes from grains and meats, foods that may not necessarily taste salty.

You will have the opportunity to help Chef Charles participants change their salt habit.

The information in the Chef Charles newsletter may cause participants to ask questions about specific health conditions such as diabetes or medications. It is not the intent of Chef Charles to answer specific health questions. As a Chef Charles instructor, it is important that you direct any personal health questions to health professionals.

Chef Charles is concerned that many older adults who are eligible are not participating in the Food Stamp Program. It is now called SNAP (Supplemental Nutrition Assistance Program); in Iowa the program is called Food Assistance. As an instructor for Chef Charles you can help those in your club understand that the SNAP program can make a big difference in their food budget. Activities you can do include:

- Invite a Department of Human Services Staff member to your site to talk about the Food Assistance program.
- Show the video/DVD "Food Assistance: Keeping You Healthy" developed by Iowa State University Extension. Each area agency on agency has a copy; contact the nutrition director for a time to use the video.
- Bookmark [www.benefitscheckup.org](http://www.benefitscheckup.org) on site computers for participants to visit.
- Remind participants that the EBT cards are handy to use at local stores for food purchases. Many of the farmers' markets also take EBT cards.
- Encourage participants to apply on-line for Food Assistance [www.yesfood.iowa.gov](http://www.yesfood.iowa.gov).

We encourage you to use the questions at the end of the



instructor's guide. This provides feedback to us regarding the success of the Chef Charles program in helping participants to eat healthier, be more active and have safe food. Ask your group the questions at the beginning of your Chef Charles meeting and then again at the end. This will reinforce key points and identify if the participants know the answers.

## Get The News

### Props:

- None

**Iodized salt has 76 mcg (microgram) iodine added per one-quarter teaspoon. This amount of salt also provides 500 mg (milligram) of sodium.**

## Iodized Salt

In the typical American diet, iodized table salt is the primary source of iodine. Iodine is a mineral that is essential for proper production of thyroid hormones. Thanks to the widespread use of iodized table salt, thyroid goiters are uncommon in the U.S. today.

Recent research suggests that Americans are consuming less iodine than they did 30 years ago. As more people shy away from using iodized table salt in an effort to reduce sodium intake, iodine deficiency could become a concern. (New England Journal of Medicine, Feb. 2009.)

A teaspoon of iodized salt typically offers between 300 and 400 micrograms (mcg) of iodine, more than enough to meet your daily needs of 150 mcg (adult).

Even if you regularly consume salty, processed foods, there's no guarantee you are getting enough iodine, since manufacturers may prepare foods with non-iodized salt.

Most of the earth's iodine is found in oceans making most types of seafood excellent sources of the mineral. Certain cheeses, including cheddar and cottage cheese, are good sources of iodine. Some foods, such as breads and breakfast cereals, are fortified with the mineral.

Cutting back on your consumption of table salt to reduce your sodium intake is an excellent way to improve your health, as long as you don't sacrifice your iodine intake in the process.



Food	Serving	Iodine (mcg)	Sodium (mg)
Salt (iodized)	1/4 teaspoon	76 (approx.)	500
Cod (fresh)	3 oz.	99	77
Shrimp (fresh)	3 oz.	21-37	126
Tuna (fresh)	3 oz.	17	33
Milk (cow's)	1 cup	55-60	143
Egg, boiled	1 large	18-29	62
Turkey breast (baked)	3 oz.	34	59
Cottage Cheese	1/2 cup	26-71	459
Cheddar Cheese	1/2 cup	5-23	350

## Activity

A question you may ask when cutting your consumption of salt is "Will I still consume enough iodine?" Do you know why we add iodine to salt? **Iodine is a mineral added to most salts that helps prevent thyroid goiter.**

While this is not a major concern, it is good for us to be aware of other foods that provide iodine. Let's look at the chart in our newsletter. Please circle the foods you like to eat. Now put an X through the foods that have more than 200 mg of sodium. The circled foods you have left are examples of foods that are lower in sodium yet provide iodine. This is not an exclusive list of foods with iodine but it does illustrate that we can provide enough iodine without adding a lot of salt/sodium to our food. While table salt does provide the important mineral, iodine, if you eat a variety of foods from all of the food groups you will have enough iodine.

## Pick a Better...

### Props:

- None

## Snacks Ready to Go

Healthy snacks need to be convenient or easy to grab when you are hungry. Most people don't take time to prepare a snack ahead of time. So, it is natural to grab commercially packaged snacks like



**To maintain a healthy weight, try to snack only when you are hungry. Snacking on foods high in fiber and water, like an apple, will fill you up quickly.**

chips or crackers, which are high in sodium. You can control sodium by planning and preparing your snacks before hunger attacks.

Your handy stock of healthy snacks could include a bag of trail mix in the glove compartment, a small box of raisins in your purse, a bowl of fresh fruit on the counter, or a package of whole wheat pretzels in the kitchen cabinet. It is helpful to have an assortment of plastic zipper bags and containers to make your homemade snacks portable. Storage containers can hold small portions of refrigerated leftovers from healthful meals to heat and eat later for snacks.

### Here are some convenient snack items to add to your shopping list:

- Small packages of vegetables and fruits like baby carrots and unsweetened applesauce that come in portable, single-serving packages.
- A container of sweet grape tomatoes which are even smaller than cherry tomatoes.
- Small cans of fruit in natural juices.
- Ingredients for fiber-filled trail mix: unfrosted cereal squares, unsalted nuts, pumpkin seeds, sunflower seeds or dried fruit.
- Apples, bananas, grapes or other fresh fruit that you can transport easily for a snack during the day.
- A cup of lowfat yogurt garnished with fresh berries, wheat germ or lowfat granola.
- Peel an orange or tangerine at home and put the sections in a plastic bag so you can enjoy it on the go without the mess.
- Apple slices mixed with cinnamon in a plastic bag for a new treat.

### Activity

Ask the group: What do you do when you feel hungry and it is not time for a meal?

Most of you mentioned what I would call snacking. Snacks need to be part of your plan for good nutrition yet they need to be easy. Let's look at the newsletter for some ideas we can prepare ahead to ensure we eat healthfully. Ask participants to take turns reading the bulleted points in the article. After each point, ask if any participants have used this strategy.



## Chef Charles Asks the Questions

### Props:

- Items listed in **bold** print

### Activity

## Why do processed foods contain so much sodium?

At one time, salting was one of the only ways to preserve food. Although that is not the case today, salt remains a common ingredient in many processed foods. Salt helps prevent spoiling by drawing moisture out of food, so bacteria cannot grow (**glass of water**). Salt also kills existing bacteria that might cause spoiling. Salt makes soups more savory (**can of soup**), reduces dryness in crackers and pretzels (**crackers or pretzels**), and increases sweetness in cakes and cookies (**cookies**). Salt also helps disguise metallic or chemical aftertastes in products such as soft drinks (**soft drink can**).

Ask the group: Why do manufacturers put sodium in our processed foods? It should be simple for manufacturers to eliminate the sodium from the food they prepare. Let me share with you the reasons for sodium in processed foods.

Using the props share the reasons sodium is added to food.

- Glass of water: Draws out moisture so bacteria can't grow
- Can of soup: Salt makes soups more savory
- Crackers or Pretzels: Reduces dryness
- Cookies: Increases sweetness
- Soft drink can: Helps disguise metallic or chemical aftertastes

There is room for using less sodium in processed foods and still have a quality product. One step, suggested by the *Strategies to Reduce Sodium Intake in the United States* report released in April, was to have manufacturers slowly lower the amount of sodium used in process foods. Ask: Why would this be important? If you have started reading labels to identify the amount of sodium in a food product, how much is too much? One tip to remember is to not have more sodium (mg) than calories in a food. Some foods will have higher sodium content but they need to be paired with lower sodium foods for balance.

## Be Active

### Props:

- Empty pill bottle
- Walking shoes

## Walking helps lower stroke risk

Women who walk two or more hours per week have a 30 percent lower risk of any type of stroke and a 57 percent lower risk of hemorrhagic stroke (bleeding in the brain) than women who do not walk. Brisk walking lowers the risk even more, according to research in the April, 2010 journal *Stroke*. The findings used the



Women's Health Study that included more than 39,000 participants followed for 12 years. The American Heart Association recommends that adults get at least 150 minutes, or two-and-a half hours, of moderate physical activity or 75 minutes of vigorous physical activity each week.

## Activity

Ask the group: Which of these two items help to lower risk of a stroke? **(Display the pill bottle and shoes.)** You may think it is the pills prescribed by a doctor, and they are important, but you may not know that walking is important, too. Let's look at the Be Active article to learn more. Note that the amount of exercise does not need to be done in one session. And, although this study used women, there is no reason to believe that the results for men would be any different.

## Food Safety

### Props:

- Clock
- Container with lid (without any ingredients) just for discussion

## Activity

### How long can I save leftovers in the summer heat?

Stick to the two-hour rule. Toss anything that is perishable and is out longer than two hours without refrigeration. And if you are at a picnic keep perishable dishes on ice and return to refrigeration within two hours. Properly stored, cooked meat will keep for 3-4 days. Tuna, egg, chicken and macaroni salads, and opened packages of luncheon meat can last up to three to five days.

Can anyone tell me what time it is? **(Have a volunteer read the time).** I have in my container some great tasting homemade potato salad. I brought it today so I could share it with you. I left home at 8:30 today and left the potato salad in the car until just a few minutes ago.

Can anyone tell me what time it is? **(Have a volunteer read the time. Make sure the time is at least 2 hours after your first time check).** Now does anyone want a taste of my great homemade potato salad?

Follow up with the information in the newsletter: Stick to the two-hour rule. During hot and humid summer days the limit is one hour as the bacteria has ideal conditions sooner with the added heat.



## Snacks

### Teaching Points:

- Rinsing canned beans reduces the sodium by 41%.
- To keep the sodium low in this snack use veggie for dipping.
- Vegetable oil can be substituted for olive oil.

### Pick a better snack



## Easy Red Bean Dip

- 1 garlic clove, minced
- 1 can (15 oz.) red kidney beans, rinsed and drained
- 1/2 teaspoon ground chili powder
- 1/4 cup reduced fat mayonnaise
- 1/8 cup dried chives or 1/4 cup fresh chives, finely chopped
- 2 1/2 teaspoons olive oil  
Hot pepper sauce, to taste (optional)

In blender or food processor, place all ingredients and puree thoroughly until smooth. Scoop into small bowl using rubber spatula. Cover and chill until ready to use.

Makes 1 1/4 cups. Per 2 tablespoons: 67 calories, 3 g total fat, 7 g carbohydrates, 2 g protein, 3 g dietary fiber, 98 mg sodium, 91 mg potassium, 7mcg folate

## Recipes

### Teaching Points:

- Rinsing the canned tuna can lower the sodium content.
- This is a good snack suggestion as a leftover.
- Chilling brings out the best flavor.

## Tuna and White Bean Salad

- 1 1/2 cups chopped and peeled cucumbers
- 1/2 cup chopped fresh parsley
- 1/2 cup thinly sliced red onion
- 1 1/2 tablespoons fresh or bottled lemon juice
- 1 tablespoon oil
- 1/4 teaspoon pepper
- 1 (15-ounce) can, rinsed and drained navy beans (1 3/4 cup cooked)
- 2 (6-ounce) cans chunk light tuna, drained
- 1 (2-ounce) jar diced pimiento, drained (optional-for color)

Combine all ingredients in a bowl, toss well to coat and chill before serving. Serves 4

278 calories, 31 g protein, 28 g carbohydrate, 5 g fat, 6 g fiber, 286 mg sodium, 646 mg potassium, 90 mcg folate



### Did You Learn Any New Ideas?

1. What mineral is added to salt to prevent thyroid goiter?
2. Rinsing canned tuna reduces the sodium content by?
3. How does salt in processed foods keep bacteria from growing?
4. Walking lowers the risk of \_\_\_\_\_?
5. How long can perishable food be kept at room temperature?

### Your Answers

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### Order Your Materials (provided to Iowa Nutrition Network Partners Only)

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Month	# Newsletters	# Incentives
August 2010	_____ Congregate Meal Site Participants	The incentive is a vegetable brush Indicate how many are needed if you did not receive enough with your July newsletters: _____

Return to: Marilyn Jones,  
IDPH, Lucas Building, 4<sup>th</sup> Floor,  
321 E. 12<sup>th</sup> Street,  
Des Moines, IA 50319

or by FAX 515-281-4913. For questions, call Marilyn at 800-532-1579 or 515-281-6047.



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## Your Answers

Iodine
76%
Draws out moisture
Stroke
2 hours

## Chef Charles Says...

### Written By:

**Susan B. Klein**  
Retired Family Nutrition & Health Field Specialist  
Iowa State University Extension

### Designed By

**Laura MacManus**  
Iowa State University Extension

### Technical & Creative Assistance:

**Carlene Russell, MS RD LD, Iowa Department on Aging**  
**Doris Montgomery, MS RD LD, Iowa Department of Public Health**  
**Marilyn Jones, Administrative Assistant, Iowa Department of Public Health**

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